Checking into the Hospital? Don't Check Out With a Blood Clot!

Did you know that getting a blood clot from a hospitalization, surgery, or other healthcare treatment or procedure (called healthcare-associated venous thromboembolism or HA-VTE for short) is a significant, costly and growing public health problem? It is! But it is also preventable!

Become familiar with the terminology used to discuss blood clots. Learn the facts about HA-VTE and what you can do to prevent it from happening to you or someone you care about.

Learn the Lingo About Blood Clots



Deep Vein Thrombosis (DVT):

Blood clot located in a deep vein usually in the leg or arm.



Venous Thromboembolism (VTE):

DVT and PE are also known as VTE.



Pulmonary Embolism (PE):

Blood clot that has traveled from a deep vein to the lung. PE can be deadly.



Healthcare-Associated VTE (HA-VTE):

A DVT or PE that occurs as a result of hospitalization, surgery, or other healthcare treatment or procedure.

The Facts

Blood Clots are Deadly and a Significant, Growing Public Health Problem.

 Serious and potentially deadly blood clots known as venous thromboembolism (VTE) affect as many as 900,000 Americans each year, leading to about 100,000 premature deaths.

Blood Clots are Costly.

 VTE-associated health care costs \$10 billion or more each year in the United States. And, the costs due to healthcare-associated blood clots alone exceed \$5 billion dollars per year.

Healthcare-Associated Blood Clots are Avoidable: Prevention is Key!

 As many as 70% of healthcare-associated blood clots are preventable, yet fewer than half of hospitalized patients receive appropriate preventive treatment.

Think You Aren't At Risk for a Blood Clot? Think Again!

Anyone can develop a blood clot. Blood clots do not discriminate by age, gender, ethnicity or race. There are many reasons why a person might develop a blood clot. Over half of all blood clots are directly related to a recent hospitalization or surgery and most of these do not occur until after discharge from the hospital.

Are you

- ☐ Currently (or have you recently been) hospitalized?
- ☐ Recovering from surgery?
- ☐ Being treated for cancer?
- ☐ On bed rest?

If you checked any of these, you have a higher risk of developing a blood clot. And the more risk factors you have, the greater your risk will be. But don't worry! Blood clots that occur as a result of hospitalization, surgery, or other healthcare treatments or procedures are preventable! Work with your healthcare provider to develop a plan to prevent VTE. It just might save your life!





Blood Clot Risk Factors – Could You Be at Risk?

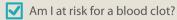
- Hospitalization for illness or surgery
- Major surgery, particularly of the hip or knee
- Severe trauma, such as a car accident
- Injury to a vein that may have been caused by a broken bone or severe muscle injury
- Cancer and cancer treatments
- Pregnancy, including up to 6 weeks after the baby is born*
- Family members with blood clots*
- Being obese or overweight*
- Confinement to bed
- · Sitting too long, especially with legs crossed
- Being age 55 and older*
- Previous blood clot*
- Taking hormonal medications*
- Having other medical conditions, like diabetes, high blood pressure, cancer, or heart disease*

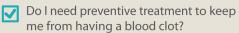
*Certain factors put you at even greater risk of HA-VTE when combined with hospitalization, surgery, and immobility (limited movement).

What Can You Do To Help Prevent Healthcare-Associated Blood Clots



Before surgery or hospitalization ask your healthcare provider:







Upon discharge ask your your healthcare provider:

- What can I do to continue to prevent blood clots from developing once I'm home?
- What are the signs and symptoms of a blood clot?
- ✓ What should I do if I think I have a blood clot?



At Home

- Follow your doctor's instructions for preventing blood clots; take medicine as prescribed.
- Move your arms and legs to help prevent blood clots from forming.
- all your doctor if you think you have a blood clot.

Where Can You Go for More Information about Blood Clots?

- Centers for Disease Control and Prevention http://www.cdc.gov/ncbddd/dvt/index.html
- Stop The Clot, Spread The Word™ http://www.stoptheclot.org/spreadtheword/
- National Blood Clot Alliance http://www.stoptheclot.org/
- International Society on Thrombosis and Haemostasis, Inc.'s World Thrombosis Day http://www.worldthrombosisday.org/